

## THE INCIDENCE AND THE PRACTICE OF DEPRESSION SCREENING AMONG PATIENT WITH DIABETES IN THE PRIMARY CARE CLINIC IN KUANTAN, PAHANG

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### ABSTRACT

Diabetes is one of the illnesses that required continuing medical care and self-management behaviours by patients. The presence of diabetes seems to be positively associated with emotional problems that are an important threat to a good quality of life of patients. The study is aimed at determining the incidence of depression and the practice of depression screening among patient with diabetes. A mixed methods study was conducted among the patient with diabetes and the health care professional in Primary Care Clinic in Kuantan, Pahang. The DASS 21 was used to assess presence of depressive symptoms among patient with diabetes. Meanwhile the semi structure interview was used among the eight healthcare professionals. The overall prevalence of depression among patient with diabetes was 4.2% (14 out of 333 respondents). As the result, 2.4% had mild depression, and 1.8% had moderate depression. None had severe depression. Factors dependently associated with a diagnosis of depression were age (OR:0.98,  $p<0.05$ ), race (OR:0,  $p<0.005$ ), marital status (OR:10.34,  $p<0.005$ ), educational level (OR:0.0,  $p<0.005$ ), duration having diabetes (OR:1.03,  $p<0.005$ ), type of diabetes (OR:0,  $p<0.005$ ) and having other illness (OR:7.43,  $p<0.005$ ). Several factors involving the practice of depression screening such as limitation of time, standard of the procedure, and communication barrier. The risk factor of depressive symptoms in diabetes has been shown. A holistic approach that focuses on the identification and management of depression among patients with diabetes is recommended.

**Keywords:** Prevalence, Diabetes, Depression, Depression screening